

**CLAIMS**

1. An exercise apparatus comprising at least one upright joined to a cross bar provided with a limb support means, the upright being of such a length that the cross bar is spaced from the floor sufficiently such that,  
5 in use, the limb support means comprises a leg support means to be positioned beneath, and to support, the legs of the user when the user is positioned beneath the cross bar, the cross bar also being sufficiently spaced from the floor such that, in use, the limb support means comprises a hand grip means to enable a user to push down on the  
10 exercise apparatus so that the exercise apparatus supports at least some of the user's weight.
2. The exercise apparatus of claim 1 wherein the limb support means comprises two limb supports that are relatively spaced along the longitudinal axis of the cross bar.
- 15 3. The exercise apparatus of claim 2 wherein the cross bar is provided with a third limb support in between the two limb supports.
4. The exercise apparatus of any one of the preceding claims wherein the exercise apparatus comprises two spaced apart uprights each of the two limb support being adjacent a respective upright.
- 20 5. The exercise apparatus of any one of claims 2 to 4 wherein the cross bar is further provided with at least two additional limb supports that are also relatively spaced along the longitudinal axis of the cross bar, but which extend perpendicularly away from the longitudinal axis of the cross bar.

6. The exercise apparatus of claim 5 wherein the additional limb supports are positioned between the two other limb supports so as to be spaced from the uprights.
7. The exercise apparatus of claim 5 or claim 6 wherein each  
5 additional limb support terminates in a further limb support the longitudinal axis of which is substantially perpendicular to the longitudinal axis of the respective additional limb support.
8. The exercise apparatus of claim 7 wherein the exercise apparatus  
10 comprises adjustment means operative to vary the orientation of the further limb support relative to the respective additional limb support.
9. The exercise apparatus of claim 8 wherein the adjustment means is operative such that the further limb support can be rotated through 360° about the longitudinal axis of the respective additional limb support.
10. The exercise apparatus of claim 8 or claim 9 wherein the  
15 adjustment means is operative such that the orientation of the further limb support can be adjusted to a plurality of discrete positions relative to the additional limb support.
11. The exercise apparatus of any one of claims 8 to 10 wherein the  
20 adjustment means comprises a plug formed on one of the additional or further limb supports, and a socket on the other of the additional or limb supports, the socket, in use, receiving the plug and engaging the plug to retain the plug in an orientation relative to the socket, the orientation being adjustable by removing the plug from the socket and reinserting the plug in the socket in a different orientation.

12. The exercise apparatus of claim 11 wherein the plug and socket are both of square cross section so that the plug can be received in the socket in one of four discrete orientations.
13. The exercise apparatus of any one of claims 2 to 12 wherein the  
5 limb supports are concave so as to positively locate the limb of the user on the limb supports.
14. The exercise apparatus of claim 13 as dependent on claims 3 to 12 wherein the two limb supports and the third limb support together are of waved formation.
- 10 15. The exercise apparatus of any one of claims 4 to 14 wherein the uprights and the cross bar are removably joined together such that the exercise apparatus is collapsible.
- 15 16. The exercise apparatus of any one of claims 4 to 16 wherein each upright comprises a base portion which rests, in a first condition, in use, on the floor, and an arm portion extending away from the base portion and the floor, the cross bar being joined to the arm portion at a position distal from the base portion.
- 20 17. The exercise apparatus of claim 16 wherein the arm portion extends away from one end of the base portion to a position substantially above the mid point of the base portion. The base portion thus, when viewed in plan, extends away from both sides of the longitudinal axis of the cross bar so as to provide stability to the exercise apparatus to resist the exercise apparatus tipping over in use.
- 25 18. The exercise apparatus of claim 16 or claim 17 wherein the orientation of each arm portion relative to the respective base portion is

such that the exercise apparatus can be used in a second condition wherein the exercise apparatus has been rotated through approximately  $90^\circ$  so that the cross bar is adjacent, in use in the second condition, the floor.

- 5 19. The exercise apparatus of claim 18 wherein the arm portion is inclined from the base portion.
20. The exercise apparatus of claim 19 wherein the angle between the arm portion and the base portion is between  $30^\circ$  and  $90^\circ$ .
- 10 21. The exercise apparatus of claim 20 wherein the angle is substantially  $45^\circ$ .
22. The exercise apparatus of any one of claims 16 to 21 wherein each base portion is provided with a handgrip.
23. The exercise apparatus of claim 22 wherein the orientation of each handgrip relative to the respective base portion is adjustable.
- 15 24. The exercise apparatus of claim 23 wherein the orientation of each handgrip is adjustable by rotating the longitudinal axis of the handgrip relative to the respective base portion about an axis that is perpendicular to the longitudinal axis of the base portion.
- 20 25. The exercise apparatus of claim 23 or claim 24 wherein the orientation of each handgrip is adjustable to a plurality of discrete positions.
26. The exercise apparatus of claim 25 wherein the orientation of each handgrip is adjustable to four discrete positions.